

# FFSC Training Request and Return and Reunion Request

*Please return this form at least two weeks prior to brief request date*

[FFSCSDTRAININGREQUEST@NAVY.MIL](mailto:FFSCSDTRAININGREQUEST@NAVY.MIL)

*For Internal Use Only*

Date Received: \_\_\_\_\_ Received by: \_\_\_\_\_ Speaker Assigned: \_\_\_\_\_

**Requesting Command's Information:**

Requesting Command Name: \_\_\_\_\_

Point of Contact (POC): \_\_\_\_\_ POC Phone Number (*Deck or Cell*): \_\_\_\_\_

POC E-mail Address: \_\_\_\_\_ Alternate Phone Number (*Deck or Cell*): \_\_\_\_\_

Date of Training: \_\_\_\_\_ Time of Training Start: \_\_\_\_\_ Time of Training End: \_\_\_\_\_

Location of Training: \_\_\_\_\_ Building/Ship #: \_\_\_\_\_

Deck#/Floor#: \_\_\_\_\_ Room/Pier #: \_\_\_\_\_ Handicap Access:      Yes      No

Directions to Training Site: \_\_\_\_\_

Availability of Reserved Parking (*please indicate where*): \_\_\_\_\_

**Training Requested:**

**Deployment Readiness Briefs**

**Mind-Body Mental Fitness Modules** (120 min each)

Pre-Deployment	Mid-Deployment	Stress Resilience	Flexibility	Mindfulness & Meditation
Return and Reunion	Homecoming (Post)	Living Core Values	Connection	Problem Solving

**Life Skills General Military Training (GMT)**

Anger Management (45-60 min)	Team Building (45-60 min)	Active Duty Pregnancy (180 min)
Stress Management (45-60 min)	Communication in the Workplace (45-60 min)	Building Self Esteem (45-60 min)
Time Management (45-60 min)	Family Care Plan (60-90 min)	Suicide Prevention Coordinator Training (60-90 min)
Conflict Resolution (45-60 min)	Family Care Plan Coordinator Training (60-90 min)	Suicide Prevention (45-60 min)
Being the Best You (60-90 min)	Family Advocacy Program Overview (45-60 min)	Family Advocacy Triad Desk Brief (45-60 min)

**Relocation Briefs**

Area Resource Training (180 min)	FFSC Overview (30-45 min)	Homeport Change
Sponsor Training (60-90 min)	Sponsor Coordinator Training (60-90 min)	Resource Table
Sailors on the Move (120-150 min)	Sailors and Families on the Move (120-150 min)	Welcome to San Diego (120 min)

**Other briefs not listed:** \_\_\_\_\_

**Total Number of Attendees:** \_\_\_\_\_ Active Duty      Family Members      Civilians

Other (*Please specify*) \_\_\_\_\_

**Special Requests/Notes:** \_\_\_\_\_

**Equipment Available at Requested Site:**

Proxima      Computer      TV      Projector      CD Player      DVD Player      Microphone      Table & Chairs

**Instructor Notes:** \_\_\_\_\_

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